

# Creating Hope in the Scottish Borders

Mental Health Improvement and Suicide Prevention



## Information Bulletin – News / Events / Resources / Training

### Issue 29: November 2023

#### Upcoming awareness dates:

1<sup>st</sup> November: National Stress Awareness Day

13<sup>th</sup> – 19<sup>th</sup> November: Self Care Week

18<sup>th</sup> November: International Survivors of Suicide Loss Day

Month of November: Movember

## NEWS

### MENTALLY HEALTHY COMMUNITIES AND SUICIDE SAFER COMMUNITIES

Borders Care Voice and the Mental Health and Wellbeing Forum has kindly agreed to host a Conversation Café for us to look at planning the next stage of the Mentally Healthy Communities and Suicide Safer Communities work, shaping a new scheme for the Borders. The café is aimed at people with lived experience and we would love to have more people coming along.

**The café is taking place on Tuesday 14<sup>th</sup> November, 10.30am – 2.00pm, Focus Centre, Galashiels**  
**To book your place email [admin@borderscarevoice.org.uk](mailto:admin@borderscarevoice.org.uk) or call 01896 757 290.**

### MEMORIAL EVENT FOR PEOPLE BEREAVED BY SUICIDE

On Saturday 18<sup>th</sup> November at 2pm the fifth annual memorial event for people bereaved by suicide is taking place at the Haining in Selkirk. The event will be led by an interfaith minister, there will be time to reflect and tie a ribbon to the Cloutie Tree as well as songs from the Health in Harmony Choir, poetry and a walk around the loch. Refreshments and support information will be available at the Samaritans office in Selkirk afterwards. The event provides an opportunity to remember those who have been lost to suicide and gives an opportunity to connect with others who have faced a similar situation. The event is open to anyone who has lost a family member, friend or colleague to suicide.

**For more information and to register for the event visit**

**[Memorial Event for People Bereaved by Suicide Tickets, Sat 18 Nov 2023 at 14:00 | Eventbrite](#)**

### REMEMBERING TOGETHER

Remembering Together is the project to develop a local memorial to remember experiences of the Covid-19 pandemic. The project is funded by the Scottish Government, led by Greenspace Scotland, and being delivered in the Borders by artists Alister and Kat from Two Destination Language. The first phase generated a proposal to create a new tartan design which can be used in a variety of ways by individuals, groups and organisations across the Borders. The project is now in its second phase, with ideas being collected to influence the colour palette of the tartan design.

**To find out more and influence the colours of the tartan visit this website:**

**[Two Destination Language - Remembering Together](#)**

### SCOTTISH MENTAL HEALTH ARTS FESTIVAL

We were pleased to participate in the Scottish Mental Health Arts Festival this year and support a day of free relaxed and creative workshops, music and live performances at the Corn Exchange. The day included uplifting music and art workshops led by Health in Mind, Health in Harmony Choir, the NHS Borders Arts Therapies Team and was hosted by Live Borders Arts & Creativity team. We are hoping to build on this with more events next year!



## PAPYRUS HOPEWALK



On 26th October fourteen walkers from Scottish Borders Council and the NHS Borders Public Health Team took part in a Papyrus 'Hopewalk' around Newtown St Boswells, led by Denise Carmichael and John from the Walk It scheme. Judith Hardie from SBC had painted some beautiful stones in the Papyrus colours with messages of hope, which we left around the village for people to find. The Hopewalk raised over £100 of donations on the day for Papyrus.

PAPYRUS is the national charity for the prevention of young suicide. They run HOPELINE247 0800 068 4141 a freephone confidential helpline staffed by trained professionals who give advice, support & information to anyone who is feeling suicidal, or concerned that a young person they know may be at risk. HOPELINE is also for any professional who has had an experience with suicide and would like to talk it through with a trained professional. Anybody can access the debrief service after they've had an encounter with suicide. Further information at [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](https://www.papyrus-uk.org/)

## EVENTS

**Tuesday 14<sup>th</sup> November, 10.30am – 2.00pm, Focus Centre, Galashiels**

### **CONVERSATION CAFÉ – MENTALLY HEALTHY COMMUNITIES AND SUICIDE SAFER COMMUNITIES**

Conversation Café to look at planning the next stage of the Mentally Healthy Communities and Suicide Safer Communities work, shaping a new scheme for the Borders. The café is aimed at people with lived experience. To book your place contact Borders Care Voice by email at [admin@borderscarevoice.org.uk](mailto:admin@borderscarevoice.org.uk) or call 01896 757 290.

**Saturday 18<sup>th</sup> November, 2pm, The Haining in Selkirk**

### **MEMORIAL EVENT FOR PEOPLE BEREAVED BY SUICIDE**

Provides an opportunity to remember those who have been lost to suicide and gives an opportunity to connect with others who have faced a similar situation.

For more information and to register for the event visit

[Memorial Event for People Bereaved by Suicide Tickets, Sat 18 Nov 2023 at 14:00 | Eventbrite](#)

**1st Tuesday of the month, 6:30 - 8:30pm, Old Gala House**

### **SURVIVORS OF BEREAVEMENT BY SUICIDE LOCAL SUPPORT GROUP**

Contact the local Co-ordinator on 0770 4691 111 or email [scottishborders@uksobs.org](mailto:scottishborders@uksobs.org)

**Mondays - 7-9pm at Gala RFC**

### **ANDY'S MAN CLUB**

Andy's Man Club is a peer to peer support group for men (aged 18+) who have either been through a storm, are currently going through a storm or have a storm brewing in life. Andy's Man Club meets every Monday from 7pm (excluding English Bank Holidays) at Gala RFC Hospitality Suite (to the right when you enter through the gate). Find out more at <https://andysmanclub.co.uk/>

**Tuesday 28<sup>th</sup> November, 6-9pm, Cafe Recharge, Galashiels**

### **CAFÉ POLARI**

Café Polari takes place on the last Tuesday of every month. It is a monthly drop in café for LGBT people and their friends to meet up and make new connections. All welcome in this safe and supportive space run by Scottish Borders LGBT Equality. Alcohol free zone.

## RESOURCES

### STRESS RESOURCES

National Stress Awareness Day takes place on 1<sup>st</sup> November this year and aims to increase public awareness and help people recognise, manage and reduce stress in their personal and professional lives. Chronic stress can lead to life-threatening conditions such as heart disease but there are lots of tools available to help people with stress management.

NHS Inform is a good place to start, with [information about what to do if you are struggling with stress](#) (which includes links to the 'Steps for Stress' breathing and relaxation exercises), and some new [videos on handling stress on Mind to Mind](#).

### Self-Care Week

13th – 19th November marks Self-Care Week. Self-Care Week is an annual national awareness week that focuses on embedding support for self-care across communities, families and generations. Anyone can get involved to empower people to better look after their own physical health and mental wellbeing. Why not check out our [Self-Care calendar](#) or visit the [Self Care Forum](#) for more ideas.

### MOVEMBER

'[Movember Conversations](#)' is a new tool that can help with confidence when having conversations with men who might be struggling. It includes tips about how to ask, listen, encourage action and checking in. The website also includes various articles and resources to help support men.

## TRAINING

### APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

**21<sup>st</sup> & 22<sup>nd</sup> November 23 - Langlee Community Centre, Galashiels – course full but email to join waiting list**

**29<sup>th</sup> and 30<sup>th</sup> January 24 – Masons Hall, Eyemouth - click [here](#) to book**

Applied Suicide Intervention Skills Training ASIST is a 2 day intensive, interactive and practice dominated course, aimed at enabling people to spot the risk of suicide and provide immediate help to someone at risk of suicide. In the same way that skills are needed for physical first aid, ASIST develops the skills necessary for suicide first aid.

To book onto the next course or for more information email [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

### NEW! MENTAL HEALTH AND SUICIDE PREVENTION TRAINING INFORMATION

There are now two catalogues available on the Wellbeing point that set out the training available at the Informed, Skilled and Enhanced Levels of the Knowledge and Skills framework for Mental Health Improvement and Suicide Prevention, one for adults and one for people working with children and young people. You can download the Adults catalogue (PDF) [HERE](#) and the new Children and Young People's catalogue (PDF) [HERE](#).

**LIVING WORKS START SUICIDE PREVENTION MODULE** self-directed learning (60 – 90 mins)

This online course is a good introduction to learning suicide prevention skills, from the provider of the ASIST course. LivingWorks Start teaches you to recognise when someone is thinking about suicide and connect them to help and support. Using a four-step model to keep someone safe from suicide, you will have the chance to practice your skills with simulated conversations. Links to safety resources and support are available throughout.

To register for a licence email [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

## GET IN TOUCH

This information bulletin was produced by Charlotte Jones, Health Improvement Specialist (Mental Health and Suicide Prevention) and Steph MacKenzie, Health Improvement Specialist (Mental Health) Joint Health Improvement Team, Public Health.

If you'd like to join our mailing list or talk to us about any of the news, events, resources or training above, you can get in touch with us by emailing [health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)



For our updates on Facebook please follow [NHS Borders Small Changes, Big Difference](#)



For our updates on Instagram please follow [@small\\_changes\\_nhs\\_borders](#)



**VISIT NHS BORDERS SUICIDE PREVENTION HUB**  
Find out more about suicide prevention resources at  
[www.nhsborders.scot.nhs.uk/suicideprevention](http://www.nhsborders.scot.nhs.uk/suicideprevention)

**VISIT NHS BORDERS WELLBEING POINT**  
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